

Available online at www.sciencedirect.com

Procedia Social and Behavioral Sciences 15 (2011) 2887–2889

Procedia
 Social and Behavioral Sciences

WCES-2011

The effects of ten weeks basketball exercises on social development in adolescents of Ahwaz city

Reza Baledi^{a *}^a Faculty member of physical Education & Sport Science in Islamic Azad University, Abadan Branch, Iran

Abstract

The main purpose of this research was the Survey effects of ten weeks basketball exercises on social development in adolescents of Ahwaz city. The statistical sample in this study was 40 people, whom were selected by randomly method. For evaluation of social development the Weitzman questionnaire was used (Alice, 1997). At first statistical sample participated in pre-test and then divided by experimental and control group. Data analysis by computer using SPSS software and statistical methods of Descriptive and inferential (ANOVA & t-test) was performed. Also the comparison, results of control and experimental groups showed that ten weeks basketball exercises had significant changes on social development and all of aspects of experimental group, except hopefulness and optimism ($\alpha \leq 0/05$).

© 2011 Published by Elsevier Ltd. Open access under [CC BY-NC-ND license](#).

Keywords: basketball exercises, social development, adolescent;

1. Introduction

Social development is one of notable aspects of exist every person that not only affect to compatibility with suburbs but effect to range of educational success and advance In future. This aspect of development for example somatic or mental is a continuing quantity and is perfected progressively. Communication and how make relationship with together was the favourite case of the worlds men during the past and now. Mankind always made ready the way for affairs as the basis of life continuation and by this way mankind could gain their basic needs. In present century which is called communications century the value and importance of making relation with the world increased by means of a group life and making can yield important results against difficulties and also exploring the unidentified world (Aliakbar, 1995).social growth is the indicator of those abilities that in connection with environment shows us the amount of learning. in the survey of social development, the purpose is indicate of that how much people can do daily activity of life and social communications. Social development is another kind of growth that its recognition is more difficult than mental growth (Alice, 1997).

So it's more important for teenagers and young people who are at the beginning of progress and experience path. The importance of adolescence period is because of the growth of body forces and also due to expansion of mental potentials that arrives him to be a social and complete personality. Everything is changing in these

¹ . This study has arisen from the research project title of “A survey and comparison of social development among adolescents boy athletes in contact and noncontact of team and individual sports“ supported by Islamic Azad University, Abadan Branch, Iran

* Reza Baledi. Tel.: +989166330882; fax: +986314460111.

E-mail address: rezabaledi@yahoo.com.

years(Heshmatollah.,1998).So it should be expanded ,That is a man should be capable to obtain his independence, responsibility and communication with others as he needs that is gain an acceptable social growth. One of the ways to achieve social growth is sport exercise with it shows as a healthy way. Team sporting fields like basketball can play an important role in social growth. So this research wants to study the effect of ten weeks basketball exercises on social development (growth) of male students of intermediate course in Ahwaz, in a case that represents essential directions to teachers and parents and students.

2. Method

2.1. Participants

Statistical society of this research consist of 7116 male students 13-18 year old in intermediate course in ahwaz on education years 2005- 2006. In this research, sampling is done in randomly case, so ahwaz town divided in five areas and then selected one school from each area in random case. Then divided 200 questionnaire randomly among the students of these five schools and so 40 persons who their grades were the least in social development (growth) at others ratio, were selected by randomly method as the statistical sample that after divided by experimental (n=20) and control (n=20) groups.

2.1.1. Measurements

Weitzman's social development questionnaire is used for data collecting of this research. this questionnaire shows the amount of social growth since 13 to 18 years old and has four dimensions which are: self-sufficiency (autonomy),responsibility acceptance, compatibility and communication with others and hopefully. The reliability of this questionnaire accepted by kronbakh Alpha and its validity in adolescents 13-18 years old in Tehran and Isfahan($r=0/75$) cities has been reported by Abbasi (1998).

2.1.1.1. Procedure

For data analysis, used from descriptive and deduction statistic (variance Analysis and t-test) which all the statistical operations were done by excel soft ware and SPSS® (version 11.5) with error (fault) modulus of $\alpha \leq 0/05$.

3. Results

The results of independent t-test between two groups shows that there is significant difference between two groups in the meaningful level of $p\text{-value}=0/000$.Also the results of this table shows well that the mean grades of experiential group are higher , in compare with control group. After 10weeks basketball exercises. So basketball exercises have had a positive effect on the social development variable (See Table 1).

Table1: independent t-test for compare of social development of two groups in post-test.

Statistical → Criterion trainee ↓	number	Mean	Standard deviation	Mean Difference	Amount of T	Freedom degree	Significan t level
Control Group	20	37/70	4/354				
Experimental Group	20	42/25	3/075	-4/65	-3/817	38	0/000

The data of table number (2).Show that there is significant difference between two groups in the Significant level of $p\text{-value}=0/046$ for autonomy, $p\text{-value}=0/000$ for responsibility, $p\text{-value}=0/005$ for compatibility and relation.(See Table 2).

Table2: independent t-test for comparison of autonomy, responsibility and compatibility and relation of two groups in post-test

variables	Statistical Criterion → Trainee ↓	number	Mean	Standard deviation	Mean Difference	Amount of T	Freedom degree	Significant level
autonomy	Control Group	20	5	1/02				
	Experimental	20	5/55	0/604	-0/55	-2/06	38	0/046

	Group							
responsibility	Control Group	20	4/30	0/978				
	Experimental Group	20	5/65	0/745	1/35	-1/35	38	0/000
compatibility and relation	Control Group	20	20/10	3/09				
	Experimental Group	20	22/80	2/58	-2/7	-2/99	38	0/005

While there is no significant difference between two groups in the Significant level of P-value=0/290 for hopefulness and optimism. In fact this significant level shows that basketball exercises have no effect on the hopefulness and optimism (See Table).

Table3: independent t-test for comparison of hopefulness and optimism of two groups

Statistical→ Criterion Trainee ↓	number	Mean	Standard deviation	Mean Difference	Amount of T	Freedom degree	Significant level
Control Group	20	8/60	2/13				
Experimental Group	20	9/2	1/28	-0/6	-1/07	38	0/290

4. Discussion & Conclusion

since that obtained amount related to students social growth who participated in basketball exercise is in a acceptable level, we can understand that basketball as a gregarious sport brings development and higher students social growth. (James et al., 2008). Considering that the amount of obtained autonomy, responsibility, compatibility and relation from participated students in Basketball group (team) athletes are good situations for developing the teenagers and youth autonomy, responsibility, compatibility and relation levels. Having the sense of autonomy, responsibility, compatibility and relation in an acceptable extent has a good results on the individual life , in a way that person can take regarded decisions in the life with high self-confidence and access to his purpose just based on self-abilities and without depending on others. Having such; men beside each other in a society cause a progressive society (Daniel et al., 2010). Also the result hopefulness and optimism in this research is no harmony with many other researches (Nico, 2010) that this discordance May be due to reasons like literacy level, culture and economy of statistical society of this research with other researches. The results showed that the basketball exercises has been a positive effect on various aspects of social development, so we suggest that increase team sports time especially Basketball in schools.

Acknowledgement

This study has arisen from the research project title of “A survey and comparison of social development among adolescents boy athletes in contact and noncontact of team and individual sports” supported by Islamic Azad University, Abadan Branch, Iran.

References

- Aliakbar, SH. N. (1995). The role of extracurricular activity in adolescent education. (5ed). Etelaat publication .Tehran. (Chapter 1).
- Alice, w. (1997). Social development (for youth and families). Translated by Nazari, S. seventh edition, association of parents and coaches, Iran. (Chapter 3).
- Daniel, F. M., Mary, A. H., Damon, P. S. A., Stephen, W. D. (2010). Organizational justice in sport. *Sport Management Review*, 13 (2):91-105
- Heshmatollah, A. (1998). Comparison of adolescent's social development (13 to 16 years old), blind, semi-sighted vision and cities of Tehran and Isfahan. *Psychology Masters thesis of Exceptional Children*. College of Psychology and Educational Sciences. T.Allameh university. (Chapter 3)
- James, S., Dwight, H. Z., Jacqui, C. (2008). Development through Sport: Building Social Capital in Disadvantaged Communities. *Sport Management Review*.11 (3):253-275
- Nico, S.(2010). roles and responsibilities of a change agent in sport event development projects. *Sport Management Review*, 13(2):118-128.